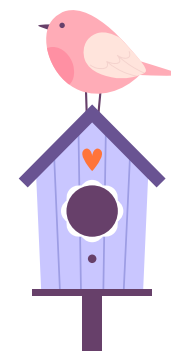


# RA LIFEFIT

## SPRING 2026 SCHEDULE - March 30 - June 20, 2026



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30-8:30am		Yin Yoga (\$) Debbi	SpinFIT Keira	YogaFIT Debbi		
9:00-10:00am	MuscleFIT Sylvie	Cardio/Strength/Stretch Kiera	Cardio, Strength & Core Lana	Cardio/Strength/Stretch Laura	Pilates Anna	
	Pilates Anna					
9:30-10:30am	SpinFIT Lourdes 9:30-10:15am	Active Ageing Debbi	Baby & Me Yoga (\$) Anna 9:30-10:20am	Spin & Strength Gilles		Workout of the Day Keira
10:00-11:00am			A GoodFIT - Women LV 1 (\$) Debbi		Stretch & Mobility Lana	
10:30-11:30am	Taiji Alain	Workout of the Day Keira	Beginner Taiji Alain	FusionFIT Julianna	Taiji Alain	Yoga Flow Thu (\$)
10:45-11:45am	A GoodFIT - Women LV 1 (\$) Anna	Hatha Yoga (\$) Julianna		Stand Tall Peter	Yoga for Mobility (\$) Anna	
11:00am-12:00pm			Stretch + Mobility Sylvie			
12:00-1:00pm	A GoodFIT - Women LV 2 (\$) Anna				A GoodFIT - Women LV 2 (\$) Anna	
4:00-4:45pm					Performance+ Emy	
5:00-6:00pm			SportFIT Emy			
5:30-6:30pm		Hatha & Yin Yoga (\$) Francesca		Wise Body Yoga (\$) Ellen		
7:00-8:00pm	Zumba (\$) Marilee					

\*Classes and locations are subject to change.

\*\*\* Spin & Strength runs until April 30, 2026.

### Location

- LifeFIT Studio A
- LifeFIT Studio B
- LifeFIT Centre
- West Gym
- Dojo

# CLASS DESCRIPTIONS **SPRING 2026**

## Group Fitness Classes

### Active Ageing

This a yoga-based exercise class implements light weight training, fall prevention and mobility movements all designed to help maintain and improve activities of daily living.

### Beginner Taiji

Learn the basics of Traditional Wu Style Taiji. Great for improving muscle strength, balance, flexibility while reducing stress and enhancing mood and cognitive function.

### Cardio Strength & Core

Just like our awesome Cardio, Strength and Stretch but with an emphasis on core strengthening exercises.

### Cardio Strength & Stretch

Reap the benefits of a class that does it all. Cardio may be choreographed, drills, intervals (take a chance) followed by strength work for major muscle groups and a well deserved stretch at the end of class.

### FusionFIT

This relaxing mind and body class takes from a few disciplines (Yoga, Pilates) and is designed to improve posture, muscular strength and flexibility as well as overall wellbeing. No experience necessary.

### MuscleFIT

A full body workout to build strength and lean muscle!

### Performance+

Build a stronger base and body built for sport and active movement with this quick strengthening session which focuses on heavy lifting movements and techniques, as well as bodyweight control and explosiveness progression. Learn, earn and sweat in this intense workout for athletes to improve their strength, speed, agility and coordination.

### Pilates

On the Mat! This class is a low impact, high result exercise class focusing on core strength, flexibility and overall body conditioning! Feel the burn!

### Stand Tall

A series of gentle mobility exercises, strength training and balance drills all designed to help you improve and maintain strength, balance, mobility, and posture.

### Stretch & Mobility

Designed to help you achieve greater range of motion and muscle relaxation, this class blends targeted stretching techniques with dynamic mobility exercises to promote overall physical well-being and enhance your daily movement.

### SpinFIT

Enjoy our indoor cycling program with the best combination of motivation and music to keep you fit.

### Spin & Strength

A total body blast! Listen to the beat as you ride flats, perform sprints and climb hills through this dynamic workout then shift gears into a series of strength training exercises.

### SportFIT

Sport specific exercises for both men and women. We utilize full body functional movements to make everyday life easier! Develop a leaner, stronger and more mobile physique. Improve your cardiovascular training and burn body fat.

### Taiji

Traditional Wu Style Taiji class that is fantastic for your brain and body. Participants will be guided through this class with great care to improving muscle strength, endurance and flexibility, as well as exercising the memory for brain health.

### Workout of the Day

Join our trainer every Saturday for our Workout of the Day. The workout will be in the fitness facility and will change every month.

### YogaFIT

Yoga, Pilates and fitness all rolled into one class! A slow to moderately paced class incorporating yoga and yoga inspired movements.

## Specialty Fitness & Wellness Classes

### NEW Zumba (\$)

Join us for a fun, full-body dance workout set to energizing music. You'll groove through easy to follow choreography that blends cardio, muscle toning, balance, and flexibility all while feeling like you're at a dance party, not the gym. No dance experience required just bring your energy and let the music move you!

### Yoga Stream

#### NEW Baby & Me Yoga (\$)

A unique and engaging way for you and your baby to practice yoga together. This class combines the benefits of gentle yoga with the joy of bonding and spending quality time with your little one. Open to all families including mothers, fathers, grandparents, and guardians this course is ideal for children under the age of two. Please bring a mat.

#### NEW Yin Yoga (\$)

Enjoy a slow, gentle style of yoga where poses are held for longer periods to deeply stretch connective tissues, improve flexibility, and promote relaxation and mindfulness. It encourages stillness, breath awareness, and stress relief. Please bring a mat.

#### Hatha Yoga (\$)

This class will slow down a little and allow you to spend longer in some of the postures. Classes will emphasise simplicity, repetition, and breath work as a means to increasing physical mobility and mental calm. Great for long term Yogis and those just getting started. Please bring a mat.

#### Hatha & Yin Yoga (\$)

This class starts with traditional Hatha Yoga, focusing on musculature. At the half way point, the focus will switch to Yin Yoga and will target your deep connective tissues (fascia, ligaments, and joints).The slower pace allows you stretch and lengthen those rarely-used tissues while also teaching you how to breathe through discomfort and sit with your thoughts. Please bring a mat.

#### Wise Body Yoga (\$)

This class is designed especially for anyone seeking a mindful, non-performative approach to movement and rest. Through slow, gentle movement, breath awareness, intentional pauses, and restorative poses, you'll cultivate a practice that encourages you tune in to your body's wisdom. It offers a grounding, gentle space perfect for those in midlife and beyond, or anyone wanting a slower, wiser way to practice. Please bring your mat.

#### Yoga Flow (\$)

Release tension and feel refreshed in this class for all bodies. The focus of the practice will be on linking breath to movement, creating a flow of postures that enhance flexibility and strength. Our Flow practice can add a cardiovascular component which is not always present in other forms of Yoga. Please bring a mat.

#### Yoga for Mobility (\$)

This class will combine Hatha Yoga with some Flow and Restorative poses to offer a perfect balance of active mobility combined with gentle flexibility. It is ideal for anyone looking for an upbeat practice that includes targeted joint work. Great for people who participate in sports/activities that require strength, flexibility as well as balance. Please bring a mat.

#### Yoga Multi-Pass (\$)

Register for a yoga session and get unlimited access to any yoga class on the schedule with a Multi-pass! *Pass is valid during the Spring Session (March 30 to June 20, 2026)*

### A GoodFIT Stream

#### A GoodFIT Level 1 (\$)

A GoodFIT Level 1 is a great starting point for people who are brand new to fitness or who may be returning to activity after a break. Exercises will start gently and may include props (such as a chair) and options to ensure everyone can be successful.

#### A GoodFIT Level 2 (\$)

A GoodFIT Level 2 is the next step after completing Level 1. Exercises you learned in Level 1 will be progressed over time to continue to challenge you. Progression may include adding complexity to the exercises and/or increasing the resistance. Options will be offered to ensure success and safety for all.